

Potato, Black Bean, & Kale Skillet

Prep time: 30 minutes

Makes: 4 Servings

A lively Southwestern skillet dish featuring diced potatoes, kale, and black beans, spiced up with garlic, chili and cayenne, and topped with a dollop of non-fat Greek yogurt.

Ingredients

- 4 red potatoes
- 1 **bunch** kale (curly italian or other variety, approx. 6 oz.)
- 2 **tablespoons** olive oil
- 1 **clove** garlic (minced)
- 1/4 **cup** chopped onion
- 1 **teaspoon** chili powder
- 1/4 **teaspoon** salt
- 1/8 **teaspoon** cayenne pepper
- 1 **can** 15 oz. no salt added black beans (drained and rinsed)
- 1/2 **cup** plain non-fat greek yogurt

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	7 g	11%
Protein	13 g	
Carbohydrates	47 g	16%
Dietary Fiber	8 g	33%
Saturated Fat	1 g	5%
Sodium	200 mg	8%

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Vegetables	1 3/4 cups
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1. Dice potatoes into 1/4" pieces.
2. Chop kale.
3. Heat oil, in large skillet over medium heat, Add garlic and onions; cook 2-3 minutes until just starting to brown.
4. Add diced tomatoes, chili, salt, and pepper to skillet, cover with lid and cook 8-10 minutes, stirring occasionally.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
6. Serve with Greek yogurt.

Notes

Serve with 8 oz glass of non-fat milk, chicken breast and orange.

For a vegetarian plate, increase the black beans in the recipes and omit the chicken breast.

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